

FLORIDA

Local Masters Swimming Committee, Inc.

Vol. XX No. 1 **NEWSLETTER** February, 2003



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Fitness Challenge • News from Around the LMSC
Records/Top 10 • and much more

CALENDAR OF EVENTS

POOL EVENTS

February 8-9 / SCY
CAT Masters Valentine
Meet. Clearwater FL.
Information and Entry
available on-line at
<http://home.att.net/~dixiezone/Meets.htm#03pool>.
Entry deadline:
postmarked by 31 Jan

February 21-23 / SCY
10th Annual Gold Coast
Masters Challenge. Ft.
Lauderdale FL.
Information and Entry
available on-line at
<http://home.att.net/~dixiezone/Meets.htm#03pool>.
Entry deadline:
received by Wednesday,
February 19

March 15-16 SWIM SCY
Invitational; Fort Myers Aquatic
Complex, Fort Myers, FL contact
Dean Mitchinson:
dm14ep@aol.com

March 15-16 St. Patrick's Day
Invitational - SCY; Atlanta, GA

April 4-6 SPM Annual SCY
Championships; North Shore
Pool, St. Pete, FL; contact Nancy
Eaddy: neaddy@tampabay.rr.com
or Chris Swanson:
ctswanson@yahoo.com

April 24-27 Y Nationals - SCY;
Sarasota, FL, contact Michael
Stewart: wfla@yahoo.com or

April 26-27 / SCY: Dixie Zone
SCY Championships. Savannah
GA. Scott Rabalais, 4 McLaughlin
Ct, Savannah, GA 31419. (912)
927-7016 or scottrabalais@compuserve.com.
Entry
deadline: received by Thursday,
April 17

May 15-18 USMS SCY
Nationals; Tempe Arizona

June 8 / LCM: Gold
Coast Masters Summer
Series 1. Ft. Lauderdale

June 28-29 / LCM: Dixie
Zone LCM Championships.
Greenville SC

June 28-29 SWIM Annual LCM
Meet; Selby Aquatic Center,
Sarasota, FL; contact Deb
Walker: debswim@comcast.net
or Jim Donnelly:
jimswam@aol.com

August 14-17 USMS LCM
Nationals; Rutgers, NJ

OPEN WATER

April 19 Tampa Bay 24 Mile
Marathon Swim; contact Ron
Collins: collins@tampabay.rr.com
or (727) 531-7999

May 10 Hurricane Man 2.4 Mile
and 1000 Meter Swims; Pass-a-
grille Beach, FL; contact Livia
Zien: (727)821-8113

May 31 Estero Island 5K
Challenge; Ft. Myers Beach, FL;
contact Gregg Cross: sushifiend@aol.com or (941) 482-6600.

June 28 Amelia Island Open
Water Challenge - 5K and 1 Mile;
Fernandina Beach, FL; contact Ed
Gaw: edginc@att.net or (904)
277-4328 or Chris Gaw:
mrgotto@yahoo.com

SENIOR "RECOGNIZED" MEETS

February 28 - 3/1 Polk County
Senior Games - SCY; Lakeland
Family YMCA, Lakeland, FL;
contact Dianne DiMonaco:
polkseniorgames@juno.com or
(863) 646-9307

March 9 Good Life Games - LCM;
The Long Center, Clearwater, FL;
contact Nancy Durstein: (727)
784-5780 or Joan Campbell:
(727) 938-7181

June 1-7 / SCY:
National Senior Games.
Newport News VA.

POSTAL EVENTS

1 January - 28 February
TAM's 1650 Postal - Contact Jon
Steiner at lawjls@aol.com or
1000 Fourth St, #875, San
Rafael, CA 94901, 415-459-2000
(x30), www.pacificmasters.org/
comp/03tamscy.pdf; Sanctioned
by PC LMSC #38-03-01; post-
marked Entry Deadline Mar 10.

For a complete listing of all upcoming Dixie Zone meets please visit the website: www.dixiezone.org

To the Warmhearted, Cold-blooded Florida Faithful:

Now hear this...looking for a heated pool...have fins, will travel!!!

With every New Year come challenges and opportunities. The initiation of this New Year is no different. In general the measurement of our success this year will be decided for the most part on how well we turn our challenges into opportunities. This is true for our personal lives as well as our corporate lives. If we look at the challenges as opportunities, then our outlook will incorporate a set of actions and we will constructively build solutions. But, if we look at the challenges as obstacles then we will probably react and set up our defenses that will cause us to be counter productive - and ultimately, if we remain in that mode no real progress will be made. More often than not, how we approach the challenges will determine whether they are turned into opportunities. Pursuing opportunities when faced with challenges is not easy for most of us because it will mean that we have to give up our own personal agenda's for the sake of the challenge/opportunity (whatever it might be). We will need to be others centered and put their well being above our own. That way we will be free of the clouding of our own agendas and keep in mind the objective in determining constructive solutions. Ultimately this will facilitate the constructive process of reaching success, a success that is valuable to us individually as well as the entire FL LMSC. Are you up to the challenge? I hope so!

We have an outstanding membership made up of individuals who are already serving and going far beyond any expectations, to make our organization the best. The way that you can step up to the challenges that the FL LMSC faces this year will be to take an active part and participate in one or all of the four scheduled meetings that we will have this year. Meetings are crucial, because they are the primary vehicle for strategizing and launching our solutions to the many challenges that our LMSC faces. At the meetings we review the challenges and often times form committees who directly take on the challenges and develop solutions.

Over the last few weeks, I have heard several talking about New Year's Resolutions. If that is something that you are still considering, along with the diet and increased workout commitments, I CHALLENGE you to consider taking a more active part in YOUR FL LMSC by becoming a solution maker. Come to the meets to swim and compete, but also come to participate in the meetings and be a part of the SOLUTION.

Let's look for opportunities together as we tackle the challenges that face our LMSC in 2003!



Yours in the Water!

Tom Bliss
Chairman FL
LMSC



TOP TEN AND RECORDS REPORT

By Margie Hutingler

I submitted the FL SCM Top Ten times in December, which included the following meets: Orlando, SPM Development (2); and the first meet at Ft. Myers. For the FL Top 5, I included times from meets in Anderson, SC and Coral Springs, FL.

This is a reminder from the last issue about a new rule affecting National Record breakers. Starting 1/1/03, swimmers setting National Records will need to submit a copy of their birth certificate or passport (first time, only), as previously was required for World Records.

Have you looked at the DIXIE ZONE LCM RECORDS recently? Thirty-six FL LMSC records are missing, although I've submitted the complete list, every year. I update the records at the completion of each course, for accuracy. The Dixie Zone recorder, Ed Saltzman, and I have different opinions as to who can verify these times. Since one of my responsibilities as a Top Ten recorder, is to VERIFY TIMES, I feel that he should accept the FL records, as I've submitted them. In the past 4 years, I've chased down many times that were incorrect in the final results and added splits that swimmers requested. These corrections may not show up in the posted results. I have spent

many hours updating the records so they accurately portray each swimmer's best time. I talked to Saltzman in October and pleaded my case, insisting that we "team together" so the Dixie Zone records would be accurate and reflect ALL FASTEST TIMES. He agreed, and said he would include the FL records. In Nov, I sent him my updated FL LCM records, highlighting the 36 missing ones from FL. As of 1/15/03, the records he has posted are only as of 8/20/02. I will continue my pursuit of accuracy in the Dixie Zone records and would appreciate your support. If you have a FL record that should be a Zone record, please contact Saltzman and tell him to make the correction, as he promised: edward.saltzman@bellsouth.com. (The Dixie Zone records are also inaccurate for the SCY and SCM courses.)

Included in this issue are the FL LMSC LCM records. Records broken included 58 women's individual and 7 relays; 27 men's individual and 2 relays, plus 4 mixed relays. Congratulations to all record breakers.

Susan Halfacre, GSC, was the champion record breaker with 10 and the dynamic FMM duo of Gertrud Zint (9) and Kay Schimpf (7) rewrote the 85-89 records (except for the 200 fly). Hanging in there with his team mates, Brud Cleaveland, FMM, set the pace for the men, with 5 records.

These are the oldest LCM records that were broken in 2002. There are still a few records left to break from 1985.

WOMEN

19-24 100 Free Heather Skaggs, SPM, 1:00.16; broke Paige Winters' 1989 record of 1:02.94.
 85-89 50 Free Gertrud Zint, FMM, 1:04.04; broke M McKechnie's, SPM, 1989 record of 1:07.18.
 85-89 200 Free Kay Schimpf, FMM, 5:03.57; broke M McKechnie's, SPM, 1989 record of 5:47.38.
 85-89 1500 Free Kay Schimpf, FMM, 40:59.00; broke McKechnie's, SPM, 1989 record of 52:23.80.
 85-89 100 Back Gertrud Zint, FMM, 2:40.03; broke M McKechnie's, SPM, 1989 record of 3:04.69.
 85-89 200 Back Gertrud Zint, FMM, 5:43.06; broke M McKechnie's, SPM, 1989 record of 6:20.47.

MEN

25-29 50 Fly Nei-Kuan Chia, UNA, 26.30; broke R Ramiriz's, 1985 record of 26.46.
 50-54 1500 Free Rick Walker, SWIM, 19:10.80; broke B Jones', HLJ, 1985 record of 19:28.41.



Welcome 2003 by checking out the new Fitness events presented by the USMS Fitness Committee. The first one is a collection of virtual swims

created by Master's teams throughout the United States. Use your practice, or lap yardage, converted to miles, to conquer Waterways all over the country, including some you might never want to actually swim. There will be a description of each swim along with photos and a chart. Some have distance choices. Collect your swims and send them in at the end of the year for a personalized certificate. A shirt with the logo above is also available. A swim to Key West, created by Paul and Margie Hutinger will be part of this series. It's easy to log your yardage every time you swim and it is beneficial to your fitness program to know how much you are swimming. (Virtual Geographic Swim Series PST; Pam Himstreet, 3339 NW Windwood Way, Bend, OR 97701, 541-385-7770, himstreet@bendcable.com; USMS Fitness Event; www.usms.org/fitness/virtualswims.shtml; Sanctioned by OR LMSC #373-PO-01)

The Committee's second swim is a 30-minute postal swim. This is a non-competitive way to swim for 30 minutes and compare your time with the rest of the country. Do the swim as many times as you wish and send in your best time by the end of 2003. This event will not start until January but feel free to try a 30 Minute Swim on your own in 2002 as preparation for the Hour Swim in January. (30-Minute Fitness Swim Challenge PST; Lee Carlson, 1000 Cabin Creek Ln SW D,301, Issaquah, WA 98027, 425-427-8430,

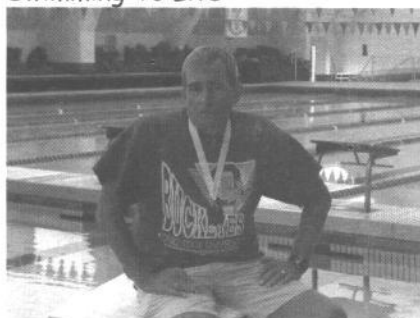
(continued after NEWS)

NEWS FROM AROUND THE LMSC



Gainesville
Victor Buehler
pigasus@prodigy.net

Swimming To Live



by Don McPhee

In 1998 I began to have serious breathing problems. I was 58 and had been smoking since I was 22, so the reason was easy to figure out. I tried to quit smoking and just when things looked rosy, something would happen and I would start up again. I had gone to the doctor, but I have found that a lot of doctors don't like to use the word emphysema. I knew that was what I had and yet my doctor, at the time, just would not call it what it was. He prescribed inhalers and the like and he told me to quit smoking. I said sure and went on about my business.

One day I remember walking out to the mailbox, approximately 120 feet, when all of a sudden I had to bend over to get some

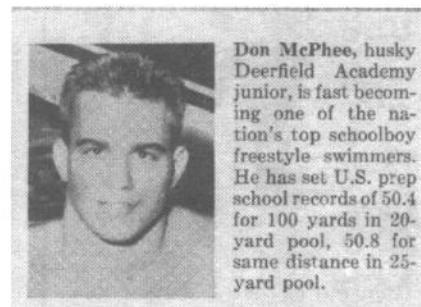
breath. I no longer could walk in the store much, and I felt as though I was waiting to die. I thought about life, my Mom and Dad who had died, and I knew I had a decision to make. The decision was not hard, because I knew I had things left to do. I had grandchildren I wanted to see grow up, and of course, without me, the Bucs would never get straightened out.

Suddenly, I put out the cigarette I was smoking, laid the pack down, and told one of my sons they could take them in the morning. That was October 1st, 2000 and I have never wanted a cigarette since.

I changed doctors and went to see a Dr. Rao in Ocala and without mincing words, he told me I had emphysema. He assured me that he would help. I also had an aortic aneurysm which had to be fixed with open surgery - the old fashioned way - by The Ocala Heart Institute. They were superb, but I noticed after surgery that breathing was even more difficult.

Dr. Rao explained that the red cells, which carry oxygen throughout the body, were greatly reduced due to trauma. We would have to build them up. Doctors like your oxygen level to be at least 95, and mine was only in the mid-eighties. The nurses had a fit and I was put on oxygen to help alleviate the stress on my heart.

A few months after leaving the hospital, I started physical rehabilitation and began walking the treadmill and riding the bike. I didn't feel as if I was progressing quickly enough and some days I even felt as though I was going backward. When I tried to step up the treadmill shortly thereafter, the Pulmonary Therapist came over and said, "You can't do that. Maybe later." Later never came and I began to wonder how I might solve this state of affairs. The change came when I finished the program and had an exit test which was worse than the entrance test.



Don McPhee, husky Deerfield Academy junior, is fast becoming one of the nation's top schoolboy freestyle swimmers. He has set U.S. prep school records of 50.4 for 100 yards in 20-yard pool, 50.8 for same distance in 25-yard pool.

I had a brilliant idea. Many years ago, in the dark ages, I used to be a swimmer. I competed in the Jr. Olympics, and broke records at Deerfield Academy, and later at Ohio State University. I decided to ask the therapist if I could try swimming. She said no, because the chlorine would be bad for my lungs. I did not give up. I went to Dr. Rao and told him I would like to start swimming again. I could talk to him as a friend, since our kids have bowled together for several years. He was 100 percent

behind me and said, "Let's see what you can do."

I had recently had a PFT (to measure lung function) and I wanted to get started. Now to find a team with lap swims for the elderly. I thought, no problem. I live in Summerfield, south of Ocala. I called the CFCC. They had lap swim, but the fee was very high. The "Y" wasn't sure if they were going to have a team. My choice was Orlando or Gainesville. I sent a message to Orlando and got no reply at that time. I then contacted the Gator Swim Club; they replied and were really nice. In the meantime I found a little team, the 300 Club, through Megan Wilson. She replied right away and was very sincere. I asked how to get there and have been going ever since. Don't get me wrong, Vic and Rene were also nice, but the more I thought, the more I felt a small group like the 300 Club would suit my purpose more, and the Gator team was large. You see, before I started I did not even know if I could swim one lap without stopping for air. All the folks were very supportive and I knew I had made the right choice.

When I met coach Ron Davis, I told him I had more disabilities than would fit on one side of a sheet of paper, so we should just forget about them. I began with very modest goals. Goal number one, swim a lap, rest, then swim back. Sounded good to me. Coach Ron had different ideas when he said, "Don, you can start with a 500 mixed warm-up." I asked, "Yards?????" Well, things have continued to

progress. In the back of my mind, I was hoping to race sometime next year. Coach had a different idea. Since I started swimming in June, 2002, I have competed twice and won medals in two Florida Senior Games qualifying meets. I must say you would have thought I had set a record or something!

This story is to tell people not to be afraid to go out there and save their lives. With a supportive doctor you can improve your life, and I guess the turning point for me was when I was told 'you can't do that.' To devise a program to improve our quality of life is within the reach of most of us. I did it through swimming.

One final note: About eight weeks after I began swimming I had another PFT and the results showed a 20% increase in lung function.

(Don McPhee, 63, went on to compete in the Florida Senior Games State Championships in Dec 2002 and finished 3rd in the 100 Free and 5th in the 50 Free. He drives to Gainesville approx. 3x/wk to participate in practice. He is one of four nominees of the "Overcoming Adversity" award at this year's FL LMSC Awards Banquet.)

BLUE WAVE MASTERS

Brandon
Chris Daniels
waveblue@aol.com

What Swimming Means to Me

Masters swimming has given me the opportunity to stay fit. Having had years of physical



(Sue with her parents)

therapy growing up, I refuse to let all those years go to waste. Swimming is the ideal situation for me.

Being a very goal oriented person, swimming has enabled me to set goals, see the benchmarks along the way (daily practice sessions), and fulfill my goals (swim meet events). Swimming has given me a concrete purpose for all my training sessions.

Swimming has enabled me to say, "I have a Gold Medal and own a World Record." (World Disabled Swimming Championships, New Zealand, 1998--4x50 Free Relay). Also, I am a four-time Paralympian with Five Swimming Medals.

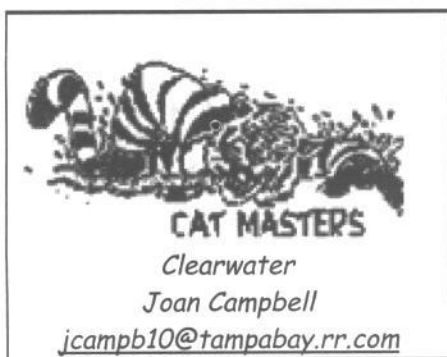
One must set a goal, always remain focused on the goal, constantly work towards the goal, and never give up until the goal is obtained.

Swimming has afforded me the opportunity to compete against disabled athletes, and the confidence to take the next step-- compete against able-bodied athletes. I enjoy challenging my potential constantly.

Swimming did not come easy to me. I had to change my attitude and start small. I would concentrate on being out in the fresh air. The accessibility to year-round swimming with coaching allows me to constantly work at my stroke efficiency. I am having fun!

Being a very serious minded person, swimming has been the means for me to succeed over the years. To be content with what I have accomplished but not complacent. Swimming has enabled me to move forward in life.

(Sue Moucha is one of four nominees of the "Overcoming Adversity" award at this year's FL LMSC Awards Banquet.)



Thanks to a lot of hard work our Masters Team is seeing the results of learning new techniques and attitudes about swimming that Coach Joe is working hard to instill in us, as evidenced by our team's performance at the Orlando Masters Fall Invitational October 11-13th 2002.

Janet Shellenberg competed in 5 events and was 4th 2 times, 5th 1 time and 6th twice. **Jerry Rutigliano** competed in six events. He was 2nd x 1, 4th x 1, 5th x 1, 6th x 1, 8th x 1 and 9th x 1. **Joan Campbell** competed in 6 events and placed 1st or 2nd in each. **Nancy Durstein** competed in 12 events and placed 1st 6 times, 2nd 4 times and 3rd twice. **Charlie Kohnken** competed in 10 events and was 1st 5 times, 2nd 2 times and 3rd 3 times. **Alex Ramirez-Miller** competed in 2 events and took one 1st and one 2nd. **Elliott Schofield** competed

in 9 events and was 1st x 1, 2nd x 5 and 3rd x 3. **Michael Smith** competed in 8 events and took 3x 2nd, a 3rd, a 4th, a 5th, a 6th and a 9th. **Bill Conlon** competed in 6 events and had a 2nd, a 4th, a 5th, a 6th, a 7th and a 10th. **Buffy Price** competed in 6 events and had a 3rd, 3x 4th, a 6th and a 7th...

Our "work out" partner, **Pat Marzuli** completed the 5 mile open water swim on October 23, 2002 in St. Croix. Unfortunately rough water caused the organizers to pull the swimmers from the water during the 10 miler on 10/27/2002.

Seth Kimball finished second in his age group and 17th overall in the Titanium Man Triathlon at Lake Swan in Camp Blanding near Gainesville.

On 10/27/02 **Susan Coates** won her age division at the TOP COP Triathlon as did **Terry Repp**.

Joan Campbell qualified for the State Senior Games at the University of Florida in Gainesville on Oct 26-27, 2002 with four golds and two silvers. Congratulations **Joan!**

On 10/31/02 **Joan Campbell, Jerry Rutigliano, Dan Mullett, Elliott Schoenfield and Alex Ramirez-Miller** swam the Postal 3000. Joan Campbell (70-74) placed 2nd, Nancy Durstein (70-74) 3rd, Alex Ramirez-Miller (75-79) 1st. Elliott Schofield swam this event two times because he aged up. He placed 3rd in the 75-79 age group and 1st in the 80-84 age group. Our Mixed Relay consisting of Joan, Nancy, Alex and Elliott placed 2nd.

We also received results from the 2002 USMC 5K Postal Championship. Our relay of Stephen Botic, Charles Park and Jerry Rutigliano in the Men's 25+ placed 3rd. Jerry Rutigliano (50-54) placed 10th, Nancy Durstein (70-74) 1st, Stephen Botic (30-34) 6th and Anthony Scott (35-39) 10th.

On November 18th, the 2002 Games for Life were held. Alex Ramirez, Nancy Durstein and Bob LaVanture qualified for the State Senior Games...despite the temperature at the outdoor pool being in the 40's and it raining!!!

At the Senior Games on Dec 12th, our team was well represented. Nancy Durstein 200 yd Free 3rd, 500 yd Free 4th, 100yd Butterfly 1st. Joan Campbell 500 yd Free 3rd, 100 yd Breast 1st. Alex Ramirez-Miller 200yd Fr 2nd, 500yd Fr 2nd. Elliott Schofield 200yd Fr 1st, 500yd Fr 1st as well as a Record for Age Group, 100 yd Fr, 200 Bk, 100 Bk 50 yd Bk 1st. Nancy, Joan, Alex and Elliott all qualified for the National Senior Games to be held in June 2003 in Newport News, Virginia

Quint and Christina Noordstar, David Carte, Tim Hudson, Tony Scott and Stephen Botic completed Ironman Florida on November 9th, 2002 in Panama City, Florida.

Congratulations to all our team members who represent CAT Masters so well!

On January 1, 2003 CAT MASTERS hosted the Special Olympics Benefit Swim at the Long Center. We raised \$500.00

for this worthy cause and celebrated afterwards at the Palm Harbor Carraba's on US 19 North, which provided us with a complimentary drink and a snack. This has become a holiday tradition and a great way to start the New Year. The event is open to everyone (swimmers, snorklers, waders etc.). We hope to see more of you next year.

Last but not least, don't forget to mark your Calendars of our annual Valentine's Day Meet February 8-9, 2003 *register online @ www.dixiezone.org which is followed by the 2nd Annual FL LMSC Awards Dinner Banquet!



DIANETICS SWIM TEAM

Clearwater

Kitty Magness

kitty.magness@verizon.net

Gertie Perry and I participated in the Postal Pentathlon for the 3rd year. We completed the Sprint Distance (50 free-back-breast-fly & 100IM) and middle Distance (100 free-back-breast-fly & 200 IM) events.

On Dec 21st, the entire team and a local girl-scout troop came to cook our home-ground, whole-wheat pancakes for over 800 runners who came to compete in the 22nd SAY NO TO DRUGS race sponsored by the Dianetics Running Team.



St. Petersburg

Paul Hutinger

phut@usms.org

www.maverickswim.org

IN MEMORY OF FRANK STARR



3/22/10-12/17/02

Frank Starr, our Maverick patriarch, died at age 92 of prolonged health problems he encountered during the past year. His wife, Pauline, said, "Frank really enjoyed swimming and being a part of the Maverick team. He was thrilled to be featured on the calendar." The Mavericks put together a 2003 calendar, featuring the 12 oldest, one per month. Frank was featured in March and received his calendar several weeks before he died.

Starr received his BA from Loyola Univ. in Montreal, in 1931. He began his career at a radio station in 1938, broadcast sports in 1951, performed various emcee jobs and acting gigs. He was recognized for these achievements with the Actra Lifetime Membership. He married Pauline in 1951, and both did photo

modeling. Their trips south began when they followed a Canadian baseball team to Florida. After that, he and Pauline spent summers in Montreal, operating their ten acre apple orchard and winters in Clearwater, Florida.

Starr started his competitive swimming career with Coach Joe Biondi at the Clearwater Y, at age 70. At his earliest Masters meets as a 75 yr old, he won all his events at the St Pete meet and the National Y Meet in Indy. At 80, he had a heart attack and at 85, fractured his spine. Starr attributes both recoveries and longevity to his swimming workouts, a diet including lots of fruits and vegetables, walking five miles to work for twenty years and giving up smoking at age 55. Many of you will remember another outstanding performance at the Clearwater Meet in 2000, when he competed in the first USMS 85+ men's relay.

The Mavericks became better acquainted with Frank and Pauline at Canadian Nationals in 1999 during the longs days at the pool and visiting around the dinner table in the evenings. The following year in Munich was his first World's Meet. The Starrs discovered many tasty German restaurants and sites to tour during their walks and subway rides. The oldest couple enjoyed sharing their finds with the youngsters.

Frank Starr, our team feels fortunate to have swum with you and shared in a small part of your journey through life. We will miss your deep broadcasting voice, your cheerful personality and the ever present twinkle in your eyes. May you continue to

swim in that giant lap pool in the sky.

Alan Maloney, 74, hasn't competed since his ischemic stroke on Nov 12. He is recuperating at home, following several weeks in a rehabilitation hospital. Friends wishing to send him encouragement may do so (1687 Woodridge Dr., Clearwater, FL 33756-1841). ☺

CORAL SPRINGS

On Dec 7, Jean Troy, 75-79, broke the world record in the SCM 400 free in 6:44.09.

3000/6000 YARDS POSTAL

In the 3000 Yards event, Gertrud Zint, 85-89, set a National Record in 1:20:34.34. Peggy Hughes and Gladys Olsen won their events; Regan Kenner placed 4th; Patricia Bond, 2nd; Ruth Thompson, 10th and Flavia Zappa, 15th. The 75+ Women's Relay with Olsen, Kenner and Zint set a National record in 3:53:38.61. The 35+ Relay with Zappa, Thompson and Bond placed 3rd. These seven women placed 3rd in the Women's Category out of 35 teams.

In the 6000 Yards Event, Hughes won and Thompson placed 7th.

SENIOR STATE CHAMPIONSHIPS

The Mavericks had a good showing at this meet in Lakeland in early December. The meet was a qualifier for Sr. Nationals to be held in June in Virginia. Patricia Hoffman, Doris Prokopi and Patricia Tullman will be competing at that meet. Hoffman will also compete in the triathlon.



Five Minnows celebrated our first year of existence with a trip to Coral Springs the first weekend in December for a short course metres meet. New Minnow Ron Wiseman, front left, swimming in his first ever Masters meet, joined Kathy and Dave, front right, and Dan and Dick, back. After surviving the 200 IM, he, Dave, Dan, and Dick swam on the winning 200m men's free relay giving everyone at least one blue ribbon for the meet.



Later that month, we had our second annual awards dinner of the year (we really enjoy celebrating and eating) to commemorate our long course relay making 2002 USMS Top 10. This time it was a chili lunch at Dick's house, followed by a stroll through the Corkscrew Swamp Sanctuary where he volunteers.

We ended our first year as a club with a swim on New Year's Eve Day and then welcomed the

new year in proper fashion the following morning with a New Year's Day practice, preceded by toasts with bottled water to continued success in the coming year. We also organized and participated in our first One-Hour Postal at our San Carlos pool a week and a half later.

Two new Minnows joined the group welcome to Mark and Jhanna. Their enthusiasm for swimming and ability to enjoy the experience, even when the air temperatures are somewhat below comfortable, helped them fit in immediately.



Happy NEW YEAR!
YMCA Nationals will be here before we know it. This year they will be April 24 - 27 in Sarasota, FL (same pool as 2 years ago). YMCA Team Orlando will again be combining forces with other masters and teams. To be eligible you must have a Y membership for the 3 months prior to the meet. If you have another Y membership other than at The Aquatic Center, you are already qualified. If you need a membership for the 3 months, you may email me for the details to sign up. The entry form is on line at www.ymcaswimminganddiving.org If you need an entry form, I will bring them to the Clearwater

Masters meet in Feb. or I can mail one to you. I will need everyone's entry's by March, 20 2003. Please include your check for all the fees plus your share of any relay you would like to swim. There are 4 relays at \$7.00 each/person, so please include \$28.00 for them. Also include which relays you prefer to swim and which strokes. Make your check out to Team Orlando Masters and include a copy of your YMCA card, (if you have one) and your USMS card (if you have one.) You do not need to be USMS registered to swim in this meet, but your times will count for top 10, USMS records and World records if you have one. Last year we won the small team division for both men, women, and combined teams. We also had many individual and relay YMCA National Records. Lets try and make it a repeat. If you have any questions, please email me at cswimming@aol.com Thanks for your support. It was a lot of fun last year.



Cocoa-Cocoa Beach
Tina DeSalvo
zendes@cfl.rr.com

What Swimming Means To Me

As a youngster, growing up in a small Midwestern town, to swim was a "river activity" -- swinging from trees on knotted ropes, drops and jumping from low bridges. Nearby lakes offered

challenges for diving but a nearby YMCA natatorium was the real start; offering swimming lessons. This was the foundation of an activity to be my salvation in later life.

The 2nd World War, during my University years, meant meeting military obligations serving as an Infantryman in Italy. A dramatic change in my life came by losing my left leg above the knee. Returning home to a family, an education and gaining employment meant an adjustment, accommodating this physical loss. This is a builder of character and determination. Only by strong support and understanding by others provided opportunities and challenges in work and social activities. Here's the story of swimming as a therapeutic and healing process.

Being an architect designer, sitting and drafting for hours needed physical involvement and the nearby YMCA with a Masters Swimming program was the answer. Beyond swimming was the fellowship and acceptance extended by these swimmers. You were welcomed and included even missing a limb - it was reassuring that you were accepted like everyone else. Then came a move from Chicago to Melbourne, FL for retirement (only from work, not swimming.) In fact swimming became the satisfaction of life for enjoyment, pleasure and meeting new people and friends. The Space Coast Masters program offered these opportunities in friendship, travel and building a solid base for quality, health and life beyond what I had anticipated.

Florida is unique, offering tremendous competitive swimming experiences. St. Pete, Clearwater, Orlando, Lakeland, Sarasota, home of excellent teams. My awards are in the middle of the road, excelling in back and freestyle events. Being in the 80-84 age group offers good competition which is enjoyed, working with drills five days a week readying for the next meet.

Most important these past 10 years has been entering the Huntsman World Senior Games (each mid October). Held in St. George, UT, this 3-day meet allows entry to 12 events. I've negotiated the events by carefully planning; being available for pool entry and starting positions by using a folding chair. At times, another asset is the cooperation of starters, placing me in lanes easily accessible. In fact, I've developed friendships with many of these officials, treating me as just another swimmer. This is a recognition that a limb loss has no bearing on your competitive position.

Just being a part of this process has been very reassuring and productive in this business of life. Swimming became an internal part of my life. Indeed, I am fortunate.

(Albert B. Chipman is one of four nominees of the "Overcoming Adversity" award for this year.)

The Deadline for the May Issue of the FL LMSC Newsletter is April 16th!

Please send news and/or pictures to gertraud_e_perry@yahoo.com



ST PETE MASTERS

St. Petersburg
Chris Swanson
ctswanson@yahoo.com
stpetemasters.org

The fall months saw SPM members participating in various Open Water and Postal Events along with a strong crowd at the Orlando SCM Meet in October.

Pat Marzulli and Tom Koenig took the flight done to St. Croix for this years open water event. Pat even tried the Buccaneer to Buck Island and back swim, but they were pulled out of the water due to adverse conditions. Tim Kennedy took part in this years BonAire Eco Swim. He competed in both the 1 Mile and 5K events finishing 2nd and 4th overall in the two swims.

SPM had a large contingent of entrants in this years 3000 and 6000 yard Postal Event placing 2nd overall in the 3000 yd event and taking 1st overall in this year's 6000 yd event.

Finally, congratulations to Charlotte Petersen. She recently found out that her SCM 400 Free time was tops in the world for women in 2002!



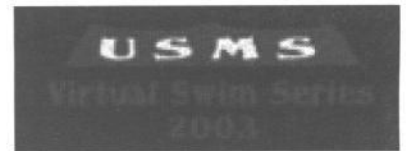
Sarasota & Ft. Myers
Chris Gilligan
h2ogill@comcast.net
www.swimflorida.org

A New Year and a new tradition was started for some Sarasota SwimFlorida members! New Year's Eve a few hardy souls swam Big Pass in 58 degree



water! Twenty minutes and we were all on a high! Much longer and we would have been rigid!! Rick Walker has increased our team potential by starting workouts at the Y pool and he's picking up new swimmers weekly! Swimmer Robert Davie appeared in a two page spread in *SRQ* magazine. The article focused on his training and success in a big meet in Sydney, Australia! Great pub for swimming and great swims by Robert! SwimFlorida is hosting two meets this year: March 14-16 in Ft. Myers and June 28-29 in Sarasota. See www.swimflorida.org or the zone site for info. Tom Schwartz traveled to St. Croix in October to swim the first 10-mile open water they've offered. Rough seas resulted in the kayakers having to abandon and the race

Bonaire in December for another open water swim & recommends it for everyone next year! These open water swim trips are a nice vacation with a bonus. And.....the latest birthday swim in January attracted 25 swimmers that went 100 X 43 followed by pizza and beer!! Another great tradition! On a final note, Sarasota is preparing to host Y Nationals again this year and we hope to see you all in April.



(continued from page 4)

leedee@cablespeed.com; USMS Fitness Event; www.usms.org/fitness/swim30.shtml; Sanctioned by PN LMSC #0336P1)

The third event ran this year and will be repeated in the fall. The "Check-Off Challenge" gives you a chance to try all the recognized swimming events anywhere, anytime. Check them off on a custom t-shirt. (2003 Check-Off Challenge PST; Bill Volckenning, 1220 NW 119th Place, Portland, OR 97229, swimeditor@usms.org; USMS Fitness Event; www.usms.org/checkoff.pdf; Sanctioned by NE LMSC #033-008-SSCY)

Upcoming FL LMSC Meetings

April	St. Pete
July	St. Pete
Oct.	Orlando

Any Florida LMSC member who would like to receive email notices about upcoming events can send his/her name and email address to Dick Brewer at swimflorida@usms.org. Anyone who has changed email addresses or who is currently receiving notices and who wants to be removed from the list should also send a notification.

FLORIDA LMSC RECORDS

Long Course Meters (As of 9/30/02)

W O M E N

		50 FREE		100 FREE		200 FREE		400 FREE		800 FREE		1500 FREE						
19-24	27.42	He Skaggs	SPM-02	1:00.16	He Skaggs	SPM-02	2:22.23	B Jo Ruyon	SWIM-96	4:47.31	Maureen Jones	SMS-86	12:37.58	S Dearworth	UNA-96	19:13.40	Maureen Jones	SMS-86
25-29	27.50	Mary Holmes	HLJ-88	58.97	R Seaman	HLJ-87	2:09.66	Mary Holmes	HLJ-88	4:31.02	Mary Holmes	HLJ-88	9:18.74	Mary Holmes	HLJ-88	18:13.30	Mary Roebuck	HLJ-90
30-34	27.44	R Seaman	HLJ-89	1:00.36	R Seaman	HLJ-89	2:10.63	Mary Roebuck	HLJ-94	4:34.04	Mary Roebuck	HLJ-94	9:24.87	Mary Roebuck	HLJ-94	18:12.67	Mary Roebuck	HLJ-94
35-39	28.26	Mary Roebuck	HLJ-98	1:00.25	S Halfacre	HLJ-88	2:09.33	S Halfacre	HLJ-88	4:33.08	S Halfacre	HLJ-88	9:24.54	S Halfacre	HLJ-88	19:05.22	C Petersen	SPM-99
40-44	28.64	Martha Martin	HLJ-88	1:03.40	Martha Martin	HLJ-88	2:18.31	C Shonkwiler	ORLM-00	4:52.25	C Shonkwiler	ORLM-01	10:51.11	Wanda Brown	BRAT-97	20:30.28	Wanda Brown	BRAT-97
45-49	30.32	Jean Banks	HLJ-02	1:05.90	Jean Banks	HLJ-01	2:24.47	S Halfacre	300-97	5:07.09	S Halfacre	300-97	10:39.38	S Halfacre	300-97	20:14.33	S Halfacre	300-97
50-54	31.35	S Halfacre	GSC-02	1:06.02	S Halfacre	GSC-02	2:26.27	S Halfacre	GSC-02	5:05.16	S Halfacre	GSC-02	10:55.74	S Halfacre	GSC-02	20:43.17	S Halfacre	GSC-02
55-59	34.05	Jayne Lambke	SPM-95	1:16.37	Jayne Lambke	SPM-94	2:49.54	Jayne Lambke	SPM-95	6:01.43	Jayne Lambke	SPM-94	12:36.62	Jayne Lambke	SPM-94	24:33.26	Jayne Lambke	SPM-95
60-64	34.97	Jayne Lambke	SPM-99	1:19.52	Jayne Lambke	SPM-99	2:58.92	Jayne Lambke	SPM-99	6:25.33	Jayne Lambke	SPM-99	13:21.21	Jayne Lambke	SPM-99	25:34.74	Jayne Lambke	SPM-99
65-69	38.15	Pat Tullman	FMM-02	1:24.27	Pat Tullman	FMM-02	3:07.68	Florence Carr	HLJ-90	6:30.19	Florence Carr	HLJ-90	13:50.69	Florence Carr	HLJ-90	26:18.31	Florence Carr	HLJ-90
70-74	38.02	Jean Troy	FMM-00	1:25.89	Florence Carr	SPM-95	3:10.42	Jean Troy	FMM-99	6:54.91	Jean Troy	FMM-00	15:07.83	Florence Carr	SPM-95	28:30.06	Florence Carr	SPM-95
75-79	37.48	Jean Troy	FMM-02	1:28.07	Jean Troy	FMM-02	3:17.71	Jean Troy	FMM-02	6:55.62	Jean Troy	FMM-02	16:34.51	Florence Carr	SPM-00	30:18.26	B Cederlund	SPCO-97
80-84	45.06	B Cederlund	SPCO-01	1:50.99	B Cederlund	SPCO-02	3:55.25	B Cederlund	SPCO-02	8:06.90	B Cederlund	SPCO-02	17:00.19	B Cederlund	SPCO-01	35:02.14	B Cederlund	SPCO-01
85-89	1:04.04	Gertrud Zint	FMM-02	2:27.02	Kay Schimpf	FMM-02	5:03.57	Kay Schimpf	FMM-02	10:44.19	Kay Schimpf	FMM-02	21:33.20	Kay Schimpf	FMM-02	40:59.00	Kay Schimpf	FMM-02
90-94																		
95-99																		
		50 BACK		100 BACK		200 BACK		50 BREAST		100 BREAST		200 BREAST						
19-24	32.10	He Skaggs	SPM-02	1:10.40	A Crowe	FAST-99	2:32.31	A Crowe	FAST-99	37.12	Eliz Sollee	TEAM-93	1:22.11	Eliz Sollee	TEAM-93	3:02.23	C Hamilton	SPM-98
25-29	31.88	Tanya Lane	SPM-98	1:08.44	Michelle Falls	JUN-83	2:28.54	Tanya Lane	SPM-98	34.36	R Seaman	HLJ-87	1:18.31	R Seaman	HLJ-87	2:54.09	Tanya Lane	SPM-98
30-34	34.19	V Richardson	IRCC-97	1:14.15	Karen Becker	CVST-01	2:43.80	Marg Keller	ORLM-97	36.61	Carol West	TDY-97	1:20.21	R Seaman	HLJ-89	2:56.34	Maud Orlando	DLNM-96
35-39	33.75	C Shonkwiler	UNA-96	1:14.44	C Shonkwiler	UNA-96	2:42.01	C Petersen	SPM-02	36.95	R Seaman	ORLM-97	1:22.46	Deb Walker	SMS-87	3:00.05	Deb Walker	SMS-88
40-44	34.58	C Shonkwiler	SPM-00	1:16.47	J Stefanik	SPM-92	2:45.63	J Stefanik	SPM-92	38.16	Deb Walker	SMS-92	1:22.72	Deb Walker	SMS-92	3:03.11	Judy Tibma	SPM-99
45-49	36.48	S Halfacre	300-97	1:21.61	S Halfacre	300-97	3:00.72	P McDonnell	IRCC-01	38.67	Deb Walker	SWIM-97	1:23.54	Deb Walker	SWIM-97	3:01.69	Deb Walker	SWIM-97
50-54	35.51	S Halfacre	GSC-02	1:18.30	S Halfacre	GSC-02	2:56.62	S Halfacre	GSC-02	39.71	Deb Walker	SWIM-02	1:27.48	Deb Walker	SWIM-02	3:10.63	Deb Walker	SWIM-02
55-59	44.70	Chris Gilligan	SWIM-01	1:36.52	Chris Gilligan	SWIM-01	3:28.35	Chris Gilligan	SWIM-01	46.79	J Piper	SPM-94	1:45.04	J Piper	SPM-95	3:52.42	J Dougherty	HLJ-00
60-64	46.60	Marg Morrison	SPM-83	1:44.06	Patricia Bond	FMM-01	3:41.36	Patricia Bond	FMM-01	47.23	E Bromwich	SPM-02	1:38.70	E Bromwich	SPM-02	4:03.90	J Piper	SPM-98
65-69	45.90	Ann Champ	FMM-00	1:40.16	Ann Champ	FMM-00	3:33.24	Ann Champ	FMM-00	48.39	Sylvia Eisele	SWIM-97	1:49.24	Sylvia Eisele	SWIM-97	4:02.86	Sylvia Eisele	SWIM-97
70-74	44.53	B Cederlund	SPCO-92	1:43.63	B Cederlund	SPCO-94	3:50.83	Regan Kenner	FMM-97	49.69	Sylvia Eisele	SWIM-00	1:51.69	Sylvia Eisele	SWIM-00	4:03.64	Sylvia Eisele	SWIM-00
75-79	46.98	B Cederlund	SPCO-97	1:46.70	B Cederlund	SPCO-97	3:59.73	Regan Kenner	FMM-00	55.00	Gertrud Zint	HLJ-94	2:04.25	Regan Kenner	FMM-99	4:28.51	Regan Kenner	FMM-99
80-84	46.39	B Cederlund	SPCO-02	1:48.64	B Cederlund	SPCO-02	3:59.73	B Cederlund	SPCO-02	1:09.04	Kay Schimpf	SPM-97	2:33.91	Kay Schimpf	SPM-97	5:46.76	Kay Schimpf	SPM-97
85-89	1:11.35	Gertrud Zint	FMM-02	2:40.03	Gertrud Zint	FMM-02	5:43.06	Gertrud Zint	FMM-02	1:10.13	Gertrud Zint	FMM-02	2:47.09	Gertrud Zint	FMM-02	6:12.98	Gertrud Zint	FMM-02
90-94																		
95-99																		
		50 FLY		100 FLY		200 FLY		100 IM		200 IM		400 I.M.						
19-24	30.44	Sudi Miller	HLJ-90	1:05.28	He Skaggs	SPM-02	2:36.49	S Brownstein	SPM-88			2:38.04	Abigail Goff	FAST-99	5:26.44	Abigail Goff	FAST-99	
25-29	28.79	R Seaman	HLJ-87	1:03.91	R Seaman	HLJ-87	2:35.01	Linda Neary	HLJ-92			2:27.60	Lisa Summers	SPM-97	5:17.40	Lisa Summers	SPM-97	
30-34	29.92	R Seaman	HLJ-89	1:06.24	R Seaman	HLJ-89	2:33.58	Karen Becker	ACTT-00			2:32.31	Mary Roebuck	HLJ-92	5:26.77	Mary Roebuck	HLJ-94	
35-39	29.27	S Halfacre	HLJ-88	1:05.39	S Halfacre	HLJ-88	2:35.71	Karen Becker	CVST-02			2:34.44	Mary Roebuck	HLJ-98	5:49.77	Karen Becker	CVST-02	
40-44	30.54	Martha Martin	HLJ-87	1:10.22	Martha Martin	HLJ-86	3:02.77	J Stefanik	SPM-92			2:51.50	Judy Tibma	SPM-99	6:11.17	J Harrelson	SPM-98	
45-49	32.49	S Halfacre	300-97	1:22.26	B Hoellen	HLJ-89	3:13.41	B Hoellen	HLJ-88			2:46.03	Deb Walker	SWIM-97	6:22.60	J Harrelson	SPM-02	
50-54	34.12	S Halfacre	GSC-02	1:17.18	Anne Grams	DBMS-98	2:59.46	Anne Grams	DBMS-98			2:58.52	Anne Grams	DBMS-98	6:48.24	Lynn Cartee	SWIM-98	
55-59	39.01	Jayne Lambke	SPM-95	1:33.41	Jayne Lambke	SPM-94	3:32.63	Jayne Lambke	SPM-95			3:27.14	Jayne Lambke	SPM-96	7:19.11	Jayne Lambke	SPM-95	
60-64	40.28	Jayne Lambke	SPM-99	1:39.63	Jayne Lambke	SPM-99	4:20.08	N Durstein	CATM-93			3:35.89	Jayne Lambke	SPM-99	7:43.95	Jayne Lambke	SPM-99	
65-69	43.55	Florence Carr	HLJ-90	1:54.31	Pat Tullman	FMM-02	4:07.93	Sylvia Eisele	SWIM-97			3:34.41	Florence Carr	HLJ-90	7:57.09	Florence Carr	HLJ-90	
70-74	46.47	Florence Carr	SPM-95	1:55.57	Jean Troy	FMM-00	4:13.41	Sylvia Eisele	SWIM-00			3:54.67	Jean Troy	FMM-00	8:30.77	Florence Carr	SPM-95	
75-79	47.74	Jean Troy	FMM-02	1:58.51	Jean Troy	FMM-02	5:16.46	June Reynolds	SPM-97			4:30.80	Gertrud Zint	HLJ-93	9:43.06	Gertrud Zint	HLJ-93	
80-84	1:06.70	June Reynolds	FMM-02	2:32.29	June Reynolds	FMM-02	6:18.74	June Reynolds	FMM-02			5:20.78	Kay Schimpf	SPM-97	11:22.65	Kay Schimpf	SPM-97	
85-89	1:27.40	Gertrud Zint	FMM-02	3:51.78	Kay Schimpf	FMM-02	13:47.11	Sally Scott	HLJ-94			6:08.67	Gertrud Zint	FMM-02	13:49.14	Kay Schimpf	FMM-02	
90-94																		
95-99																		

When you compete outside the FL LMSC and want your times included for records and the Top 5, it is your responsibility to send a **copy of your official time, date, place of meet**, to: Margie Hutinger, 1755 Georgia Ave NE, St Petersburg, FL 33703. This will insure the integrity and accuracy of the FL LMSC records. If you have questions, call Margie Hutinger: 727-521-1172 or e-mail: phut@usms.org
 Let me know if you can supply any missing teams or dates, or if I have inadvertently left out any times.

FLORIDA LMSC RELAY RECORDS

Long Course Meters (As of 9/30/02)

200 FREE-WOMEN				200 MEDLEY-WOMEN				400 FREE-WOMEN				400 MEDLEY-WOMEN				800 FREE-WOMEN			
76+	2:09.89	Booth, Markese Truhol, Cullen	SPM-86	2:27.05	Burger, Braciak Truhol, Booth	SPM-87													
100+	1:53.20	Holmes, Halfacre Mauer, Bucher	HLJ-88	2:06.67	Mauer, Walker Bucher, Holmes	HLJ-88	4:44.86	Valle, Flanagan Trompke, Forkols	SPM-02	5:20.15	V Der Molen, Visser Habecker, Sirbu	ORLM-97	9:44.01	Seaman, Keller Matsuzaki, Swiler	ORLM-97				
120+	1:55.70	Summers, Swiler Nauta, Petersen	SPM-98	2:08.97	Lane, Summers Orlando, Petersen	SPM-98	4:50.91	Abraham, Stott A'strong, Bellflower	SPM-97	4:53.42	Keller, Lense Seaman, Shonkwiler	ORLM-97	10:20.09	Nauta, Orlando Tibma, Powell	SPM-97				
160+	2:05.76	Schmidt, Lambke Page, Hoppenrath	SPM-92	2:23.16	Stefanick, Lambke Flanagan, Page	SPM-91	4:41.68	Orlando, Powell Tibma, Nauta	SPM-97	5:26.44	Nauta, Orlando Tibma, Powell	SPM-97	14:15.47	K-Perry, Lambke Bromwich, Steer	SPM-95				
200+	2:13.96	Roper, Spangler Roebuck, Carr	HLJ-90	2:31.92	Powell, Bromwich Page, Lambke	SPM-97	5:13.92	Page, Bromwich Lambke, Kelly	SPM-97	6:05.11	Brewer, Bromwich Lambke, Page	SPM-97	13:12.45	Bromwich, Steer Carr, Lambke	SPM-97				
240+	2:45.62	Piper, Carr Allen, Lambke	SPM-95	3:17.52	Carr, Zint Bowen, Glaraton	HLJ-93	7:09.38	Knight-Perry, Steer Piper, Bromwich	SPM-02	8:24.26	Hutinger, Prokopi Reynolds, Mitchell	SPM-95							
280+	2:56.10	Kenner, Tullman Homans, Carr	FMM-02	3:35.94	Zint, Carr Glaraton, Sullivan	HLJ-94	7:57.85	Steer, Schimpf Reynolds, Carr	SPM-97	9:06.33	Reynolds, Steer Carr, Schimpf	SPM-97							
320+	3:46.42	Schimpf, Zint Reynolds, Carr	FMM-02				8:57.69	Schimpf, Hughes Reynolds, Carr	FMM-02	10:19.75	Hughes, Reynolds Troy, Schimpf	FMM-02	19:29.28	Schimpf, Hughes Reynolds, Carr	FMM-02				
200 FREE-MEN				200 MEDLEY-MEN				400 FREE-MEN				400 MEDLEY-MEN				800 FREE-MEN			
76+	1:42.54	Burns, Carr Mital, Zarka	TEAM-93	1:54.94	Burns, Constantini Stelle, Zarka	TEAM-93													
100+	1:40.69	Smith, Barton Hoffman, Eaton	SPM-97	1:50.79	Hoffman, Smith Barton, Eaton	SPM-97	4:03.05	Frazier, Hempel Freeman, Barton	SPM-97	4:50.75	Milligan, Hempel Bastie, Barton	SPM-97	9:49.78	Quillen, Murphy Dawson, Gornito	GSC-01				
120+	1:37.69	Pamelle, Haase Combs, Merritt	ORLM-95	1:52.80	Specht, Galloway Barton, Halfast	SPM-99	3:55.55	Black, Woodsum Williams, Schlak	ATAC-00	4:40.43	Black, Schlak Williams, Woodsum	ATAC-00	9:18.31	Frazier, Bastie Atkins, Kennedy	SPM-97				
160+	1:39.27	Dilley, Miltenberger Abrahams, Garton	HLJ-90	1:56.96	Buresh, Halttunen Specht, Forrester	SPM-97	4:48.11	Milligan, Marzulli Smith, Bastie	SPM-97	5:12.54	Smith, Van Der Veen Freeman, Kennedy	SPM-97	10:09.72	Walker, Redic Sweeting, Vazmina	SWIM-01				
200+	1:51.75	Brick, Bastman Hawkins, Scott	TBAC-01	1:59.68	Brewer, Stollmeyer Shea, Stegman	SWIM-97	5:09.85	Welpott, Mann Weatherbee, Beattie	ORLM-97	6:10.46	Hutinger, MacDonald Kurtzman, Maloney	FMM-97	12:49.47	Hall, Cox Ferris, Kohnken	SPM-97				
240+	2:08.31	Jones, Taylor Holmes, Sears	HLJ-90	2:29.82	Coulter, Walker Geer, Woods	SWIM-97	5:47.69	Euler, Torsney Kohnken, Beach	SPM-02	8:30.79	Avery, Torsney Allen, Walbolt	SPM-97	12:49.94	Beach, Kohnken Torsney, Euler	SPM-02				
280+	2:29.30	Avery, Beach Kohnken, Smith	SPM-98	2:38.18	Hutinger, M'Donald J Kurtzman, Maloney	FMM-99													
320+	3:09.81	M'Cullough, M'brough Luke, Cleaveland	FMM-99	3:13.89	M'brough, M'Cullough A K'tzman, Cle'land	FMM-99													
200 FREE-MIXED				200 MEDLEY-MIXED				400 FREE-MIXED				400 MEDLEY-MIXED				800 FREE-MIXED			
76+	1:51.05	Burns, Wise Sollee, Carr	TEAM-93	2:02.88	Constantini, Farr Burns, Sollee	TEAM-93	4:37.74	Murphy, D Sirbu Habecker, White	ORLM-97	5:02.12	VanDerMolen, White Habecker, Korey	ORLM-97	9:03.87	Seaman, Shonkwiler Scray, Meisenheimer	ORLM-97				
100+	1:46.89	Eaton, Stone Summers, Barton	SPM-97	2:00.53	Hoffman, Stone Summers, Eaton	SPM-97	4:15.33	Orlando, W Hempel Nauta, Barton	SPM-97	4:48.86	Nauta, Orlando Barton, W Hempel	SPM-97	9:42.98	Halfacre, Nixon Bergdoll, Perout	300-97				
120+	1:50.58	Tibma, Barton Moses, Halfast	SPM-99	2:03.67	Tibma, Orlando Specht, Halfast	SPM-99	4:02.04	Seaman, M'tenberger Swiler, M'heimer	ORLM-97	4:41.21	Swiler, M'tenberger Seaman, M'heimer	ORLM-97	11:26.72	Gilligan, Geer DiMeo, Davie	SWIM-01				
160+	1:48.26	M'tenberger, Seaman Swiler, M'heimer	ORLM-97	2:02.49	Swiler, M'tenberger Seaman, M'heimer	ORLM-97	5:15.72	Kelly, Van Der Veen Lambke, Marzulli	SPM-97	5:43.81	Betzer, Bromwich Lambke, Ferris	SPM-97	12:38.05	Geer, Gilligan Garbus, Redic	SWIM-00				
200+	2:01.86	Bastie, Page L Powell, C'rington	SPM-98	2:18.72	Betzer, Bromwich Bastie, Page	SPM-97	5:58.57	Smith, Ferris Carr, Bromwich	SPM-97	7:01.15	Avery, Bromwich Torsney, Steer	SPM-97	13:20.01	P Hutinger, J Troy Tullman, MacDonald	FMM-00				
240+	2:22.31	Walker, Papp Dendy, Glancy	SMS-93	2:46.26	Gilligan, Eisele Geer, R Walker	SWIM-00	7:10.49	Kenner, Malbrough DProkopi, PHutinger	FMM-97	7:16.12	P Hutinger, Maloney Carr, Schimpf	SPM-95	19:46.45	Schimpf, Tillotson, Reynolds, Maloney	FMM-02				
280+	2:29.40	Weatherbee, Tullman Carr, Maloney	FMM-02	2:53.93	Kenner, A Kurtzman J Kurtzman, Troy	FMM-99	9:03.81	Tillotson, PHutinger Schimpf, Reynolds	FMM-01										
320+	3:24.19	Luke, Zint Kenner, Cleaveland	FMM-02	3:33.41	Kenner, Zint Maloney, Cleaveland	FMM-02													

When you compete outside the FL LMSC and want your times included for records and the Top 5, it is your responsibility to send a **copy of your official time, date, place of meet**, to: Margie Hutinger, 1755 Georgia Ave NE, St Petersburg, FL 33703. This will insure the integrity and accuracy of the FL LMSC records. If you have questions, call Margie Hutinger: 727-521-1172 or e-mail: phut@usms.org
Let me know if you can supply any missing teams or dates, or if I have inadvertently left out any times.

FLORIDA LMSC RECORDS

Long Course Meters (As of 9/30/02)

M E N																							
50 FREE				100 FREE				200 FREE				400 FREE				800 FREE				1500 FREE			
19-24	24.54	Andrew Eaton	SPM-97	54.16	C Stevenson	FAST-88	2:01.49	C Stevenson	FAST-89	4:20.67	A Constantini	TEAM-93	10:18.38	John White	ORLM-97	18:06.12	Al Constanini	TEAM-93					
25-29	23.69	R Ramirez	FST-85	54.53	R Ramirez	FST-85	2:03.72	Paul Robinson	ORLM-93	4:23.17	Rob Nichols	CYM-85	9:25.52	Rob Nichols	CYM-85	17:08.92	R Nichols	CYM-86					
30-34	24.21	C M Halfast	SPM-99	53.64	C M Halfast	SPM-99	2:02.40	A Farrell	ORLM-00	4:24.29	A Farrell	ORLM-02	9:00.59	F Constantini	HLJ-00	17:06.73	R Nichols	CYM-88					
35-39	24.67	C M Halfast	SPM-00	54.22	C M Halfast	SPM-00	2:02.88	Meisenheimer	ORLM-94	4:25.55	C Williams	BRAT-97	9:09.59	Brant Bittner	HLJ-88	18:21.08	Meisenheimer	ORLM-95					
40-44	25.44	Miltenberger	ORLM-94	56.19	Miltenberger	ORLM-94	2:05.33	Wm Specht	SPM-01	4:25.45	Wm Specht	SPM-99	9:12.22	Wm Specht	SPM-01	18:27.74	Larry Black	SWIM-99					
45-49	25.92	Miltenberger	ORLM-97	57.09	Miltenberger	ORLM-97	2:07.95	Jeff Perout	GSC-02	4:38.97	Eddie Riach	SPM-98	9:36.85	Eddie Riach	SPM-98	18:45.84	Flick Walker	SWIM-99					
50-54	26.95	G Woodsum	ATAC-00	1:00.20	G Woodsum	ATAC-00	2:16.33	Rick Walker	SWIM-00	4:43.93	Rick Walker	SWIM-00	9:58.15	Rick Walker	SWIM-00	19:10.80	Flick Walker	SWIM-02					
55-59	28.53	John Smith	HLJ-97	1:04.19	Burwell Jones	HLJ-88	2:21.82	Burwell Jones	HLJ-90	4:58.41	Burwell Jones	HLJ-88	10:24.08	Burwell Jones	HLJ-88	19:54.72	Burwell Jones	HLJ-90					
60-64	28.62	John Smith	HLJ-98	1:04.36	John Smith	HLJ-98	2:36.63	Jack Beattie	ORLM-95	5:37.86	Burwell Jones	SMS-94	12:40.20	Chas Kohnken	SPM-93	24:09.98	Bob Beach	SPM-91					
65-69	30.72	Dren Geer	SWIM-00	1:07.52	Dren Geer	SWIM-99	2:34.41	Dren Geer	SWIM-99	5:43.70	Dren Geer	SWIM-99	12:47.42	Dren Geer	SWIM-99	24:12.21	Dren Geer	SWIM-99					
70-74	32.14	Donald Sonia	IRCC-02	1:15.02	Donald Sonia	IRCC-02	2:56.04	Robert Beach	SPM-02	6:12.79	Robert Beach	SPM-01	12:58.51	Robert Beach	SPM-02	23:52.05	Robert Beach	SPM-02					
75-79	33.57	Paul Hutinger	FMM-00	1:25.59	John Woods	SWIM-00	3:18.72	John Woods	SWIM-00	7:24.74	John Woods	SWIM-00	16:30.60	R Sigersmith	SPCO-00	30:19.88	Eimer Luke	FMM-01					
80-84	38.32	B Cleveland	ORLM-98	1:33.30	B Cleveland	FMM-99	3:49.00	B Cleveland	ORLM-98	7:43.68	Peter Jurczyk	IRCC-86	17:57.84	J Johnston	SPM-96	34:03.67	J Johnston	SPM-96					
85-89	40.47	B Cleveland	FMM-02	1:39.66	B Cleveland	FMM-02	4:11.14	C Lindstrand	UNA-97	9:24.56	Fred Walbolt	SPM-98	25:32.63	F Tillotson	FMM-02	37:57.02	D Malbrough	FMM-98					
90-94	1:07.19	Frank Starr	FMM-00	2:30.07	Fred Walbolt	SPM-02	5:22.16	Fred Walbolt	SPM-02	11:49.85	Fred Walbolt	SPM-02											
95-99																							
50 BACK				100 BACK				200 BACK				50 BREAST				100 BREAST				200 BREAST			
19-24	28.06	C Stevenson	FAST-87	1:01.85	C Stevenson	FAST-87	2:15.36	C Stevenson	FAST-87	32.39	Greg Burns	TEAM-93	1:15.24	Greg Burns	TEAM-93	2:54.78	A Constantini	TEAM-87					
25-29	29.09	Brad Hoffman	SPM-97	1:02.75	Brad Hoffman	SPM-97	2:17.77	S Barnicoat	ORLM-89	29.90	Rob Butcher	DBMS-99	1:06.21	Rob Butcher	DBMS-99	2:32.10	Rob Butcher	DBMS-98					
30-34	30.03	Wm Specht	SPM-91	1:01.69	Wm Specht	SPM-92	2:20.62	A Farrell	ORLM-00	30.88	Miltenberger	CF-82	1:09.80	Miltenberger	CF-86	2:46.47	John Galloway	SPM-99					
35-39	28.53	Wm Specht	SPM-93	1:00.95	Wm Specht	SPM-93	2:15.03	Wm Specht	SPM-94	31.52	Miltenberger	CF-87	1:10.20	Miltenberger	CF-87	2:38.58	Miltenberger	HLJ-88					
40-44	28.88	Wm Specht	SPM-99	1:02.48	Wm Specht	SPM-98	2:15.49	Wm Specht	SPM-99	31.35	Miltenberger	ORLM-92	1:10.34	Miltenberger	ORLM-93	2:38.71	Mich Drews	SMS-95					
45-49	29.92	Casey Clafin	SWIM-00	1:05.90	Eddie Riach	SPM-98	2:24.73	Eddie Riach	SPM-98	31.54	Miltenberger	ORLM-98	1:12.44	Miltenberger	ORLM-97	2:46.80	Miltenberger	ORLM-98					
50-54	30.93	John Smith	HLJ-88	1:10.14	John Smith	HLJ-88	2:35.44	Burwell Jones	SMS-85	35.01	James Stine	SPM-01	1:22.12	J Donnelly	SWIM-02	3:00.51	Flick Walker	SWIM-00					
55-59	34.45	Jack Beattie	HLJ-90	1:13.15	Jack Beattie	HLJ-90	2:44.29	Burwell Jones	HLJ-90	36.83	Scott Guthrie	UNA-02	1:24.53	Peter Betzer	SPM-99	3:07.34	Peter Betzer	SPM-99					
60-64	33.68	John Smith	HLJ-98	1:16.26	Jack Beattie	ORLM-95	2:49.57	Jack Beattie	ORLM-95	39.45	Don Puchalski	CATM-02	1:25.12	Peter Betzer	SPM-02	3:10.96	Peter Betzer	SPM-02					
65-69	36.40	Paul Hutinger	SPM-93	1:21.14	Paul Hutinger	SPM-93	3:04.37	Paul Hutinger	SPM-93	41.66	T Koenig	OMSC-97	1:34.72	T Koenig	OMSC-97	3:33.87	R MacDonald	FMM-97					
70-74	37.10	Paul Hutinger	SPM-95	1:24.14	Paul Hutinger	SPM-95	3:10.47	Paul Hutinger	SPM-95	41.42	R MacDonald	FMM-99	1:36.03	R MacDonald	FMM-99	3:29.06	R MacDonald	FMM-99					
75-79	39.24	Paul Hutinger	FMM-00	1:29.93	Paul Hutinger	FMM-00	3:22.94	Paul Hutinger	FMM-00	45.18	Paul Hutinger	FMM-00	1:47.88	Paul Hutinger	FMM-99	4:02.93	Paul Hutinger	FMM-99					
80-84	52.74	D Malbrough	FMM-97	1:42.92	D Malbrough	FMM-97	4:27.73	F Tillotson	SPM-95	49.89	B Cleveland	ORLM-98	2:01.07	B Cleveland	FMM-99	4:27.49	D McCullough	ORLM-98					
85-89	52.48	D Malbrough	FMM-99	2:04.83	D Malbrough	FMM-99	4:44.27	D Malbrough	FMM-98	54.29	B Cleveland	FMM-02	2:13.14	B Cleveland	FMM-02	5:19.47	B Cleveland	FMM-02					
90-94	1:14.07	Peter Jurczyk	IRCC-96	2:40.66	Peter Jurczyk	IRCC-96	5:55.98	Peter Jurczyk	IRCC-96	1:41.30	Frank Starr	FMM-00	3:56.75	Frank Starr	FMM-00								
95-99																							
50 FLY				100 FLY				200 FLY				100 I.M.				200 I.M.				400 I.M.			
19-24	25.44	N-Kuan Chia	BRAT-00	57.65	N-Kuan Chia	BRAT-00	2:13.67	C Stevenson	FAST-87				2:20.56	Eric Prokopi	FMM-97	5:10.93	A Constantini	TEAM-94					
25-29	26.30	N-Kuan Chia	UNA-02	58.71	C Stevenson	FAST-90	2:14.41	T Smith	HLJ-91				2:19.01	Jack Thomas	SWIM-97	5:01.03	Jack Thomas	SWIM-97					
30-34	26.44	Wm Specht	SPM-92	58.85	Wm Specht	SPM-92	2:17.41	Wm Specht	SPM-91				2:18.08	C M Halfast	SPM-99	5:14.80	S McMillen	IRCC-87					
35-39	26.14	Wm Specht	SPM-93	57.39	Wm Specht	SPM-94	2:08.51	Wm Specht	SPM-94				2:23.32	John Galloway	SPM-01	5:04.63	Brant Bittner	HLJ-88					
40-44	26.33	Wm Specht	SPM-98	57.79	Wm Specht	SPM-99	2:09.47	Wm Specht	SPM-98				2:19.21	Mich Drews	SMS-95	5:04.18	Mich Drews	SMS-95					
45-49	27.94	F Ehrke	ORLM-02	1:02.77	F Ehrke	ORLM-02	2:35.94	Thomas Bliss	SPCO-02				2:26.11	Eddie Riach	SPM-98	5:25.04	Thomas Bliss	SPCO-01					
50-54	28.52	John McCall	ORLM-01	1:04.07	John McCall	ORLM-01	2:36.29	John McCall	ORLM-01				2:35.51	Burwell Jones	SMS-85	5:41.04	Burwell Jones	SMS-85					
55-59	30.85	John Smith	HLJ-93	1:13.94	Burwell Jones	HLJ-88	3:13.77	T Mahaffy	HLJ-93				2:43.97	Burwell Jones	HLJ-90	5:56.57	Burwell Jones	HLJ-88					
60-64	31.19	John Smith	HLJ-98	1:27.68	M Tschirret	BRAT-97	3:18.82	M Tschirret	BRAT-97				2:49.57	Jack Beattie	ORLM-95	6:47.30	Peter Betzer	SPM-02					
65-69	34.73	Paul Hutinger	SPM-93	1:30.15	Dren Geer	SWIM-99	3:34.52	Dren Geer	SWIM-99				3:16.66	Paul Hutinger	SPM-93	7:09.58	Dren Geer	SWIM-00					
70-74	35.82	J Kurtzman	FMM-97	1:29.49	J Kurtzman	FMM-97	3:40.85	J Kurtzman	FMM-97				3:20.04	Thomas Smith	SPM-97	7:25.63	Paul Hutinger	SPM-95					
75-79	39.78	R Holmes	HLJ-97	1:48.40	J Kurtzman	FMM-01	4:06.73	J Kurtzman	FMM-01				3:40.38	Paul Hutinger	FMM-00	8:39.06	J Johnston	SPM-91					
80-84	56.85	D McCullough	ORLM-98	2:32.85	D McCullough	ORLM-98	5:25.53	D McCullough	ORLM-98				4:48.16	B Cleveland	FMM-99	10:17.57	D McCullough	ORLM-98					
85-89	1:41.89	F Tillotson	FMM-00	3:01.15	D McCullough	FMM-00	7:01.72	D McCullough	FMM-00				5:41.89	D McCullough	FMM-00	12:47.66	D McCullough	FMM-00					
90-94													7:08.31	Peter Jurczyk	IRCC-96								
95-99																							

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 Let me know if you can supply any missing teams or dates, or if I have inadvertently left out any times.

33rd Annual St. Pete Masters Short Course Swimming Championships

April 4 - 6, 2003 - Hosted by St. Pete Masters - Sanction #143-007

DATE & TIME: Friday, April 4, 2003 Warm-up: 4:30 PM Start: 5:00 PM.

Saturday and Sunday, April 5 & 6, 2003 Warm-up: 8:00 AM Start: 9:00 AM. Check-in required for the 1000 yd Free, 1650 yd Free, 400 yd IM and 500 yd Free. All events will be timed finals and seeded SLOWEST to FASTEST except the 1650 Free which will be FASTEST to SLOWEST. Possible seeding exceptions may be made as required to fill heats on Friday evening with available swimmers.

FACILITY and DISTANCE EVENTS: North Shore Pool is located at 901 North Shore Drive, NE in St. Petersburg, FL. A maximum of 10 lanes will be seeded for all events. Colorado Timing with touch pads will be utilized with back-up watches for all events except the 1000 Free which will be swum utilizing hand held watches only. No splits will be available for the 1000 Free, as Colorado Timing will not be used. The 1000 split time will be officially submitted for every swimmer completing the 1650 Free, but cannot be guaranteed due to potential Colorado Timing problems. The 1000 Free and 1650 Free will be swum simultaneously with both events starting at 5 PM. A swimmer may swim both events on Friday night if desired; attempts will be made to allow a break for swimmers who have close heats, although a specific time allowance cannot be guaranteed.

ELIGIBILITY: Open to all MASTERS, age 19 and older. Entrants must have a 2003 USMS Registration Card. A photocopy must be attached to the entry form. 2003 USMS rules govern.

ENTRIES & FEES: Swimmers must pre-enter by mail. Swimmers may enter a total of eleven (11) events for the meet. Swimmers may swim a maximum of five (5) individual events per day PLUS relays. The entry fees are \$2.50 per individual event, \$5.00 per relay team and a \$12.00 meet surcharge for all swimmers. Due to an increase in city pool charges to run the meet, it is with regret the meet surcharge must be increased by two dollars. Enclose a SASE if you wish confirmation your entry was received. Questions? Contact Nancy Eaddy, Meet Director, 727- 347-0565, neaddy@tampabay.rr.com or Christine Swanson, 813-254-4514 (phone and fax number), ctswanson@yahoo.com. Meet entries should be mailed to:

St. Pete Masters
C/O Christine Swanson
2536 Maryland Avenue
Tampa, FL 33629-6233

RELAYS: Relays will be deck entered and seeded a half-hour prior to each race. All relay swimmers must be registered for the meet.

DEADLINE: In order to avoid a late fee charge, meet entries must be RECEIVED by Tuesday, March 25, 2003. Late entries received by mail, phone, fax or e-mail will be accepted with an additional \$10.00 fee until Friday, March 29. If unable to attend, contact Nancy Eaddy, 727- 347-0565, or Christine Swanson, 813-254-4514, by Friday, April 4 and your entry fee will be refunded.

SCORING & AWARDS: Awards will be given for each event. Individual High Point awards for 1st, 2nd and 3rd in all age groups will be given with a minimum of five events completed. Team awards for combined men and women 1st, 2nd and 3rd will be a charitable donation to a recognized charity of their choice. Scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays.

SOCIAL & T-SHIRTS: Join us for a social hour from 5-6 PM with FREE BEER on the rooftop of the famous "Hurricane Restaurant" overlooking St. Pete Beach. Dinner will follow social hour and guests will order individually from the menu. Sign up at the meet. A commemorative meet T-Shirt or Tank Top can be purchased for \$15.00 on the entry form.

MOTEL ACCOMMODATIONS: A beautiful new Hampton Inn is located within 9 blocks of North Shore pool. Room includes continental deluxe breakfast. Hampton Inn, 80 Beach Drive, St. Petersburg, 727-892-9900. Request Special Swim Meet Rate of \$119.

ORDER OF EVENTS: (* Check-in required day of meet with exact cut off times to be announced at meet.)

FRIDAY, April 5, 2002
1/2 1000 yd Free *
3/4 1650 yd Free *

SATURDAY, April 6, 2002
5/6 200 yd Back
7/8 100 yd IM
9/10 200 yd Free
11/12 200 yd Mixed Medley Relay
13/14 50 yd Back
15/16 200 yd Fly
17/18 100 yd Breast
19/20 50 yd Free
21/22 200 yd Medley Relay
23/24 400 yd IM *

SUNDAY, April 7, 2002
25/26 100 yd Back
27/28 50 yd Breast
29/30 100 yd Fly
31/32 200 yd Mixed Free Relay
33/34 200 yd Breast
35/36 100 yd Free
37/38 200 yd IM
39/40 50 yd Fly
41/42 200 yd Free Relay
43/44 500 yd Free *

Fill out the information below, clip this portion of the page and attach it to the Florida LMSC Consolidated Entry Form

FEES: Meet Surcharge = \$12.00
events () x \$2.50 = _____
Late Fee, if applicable @ \$10.00 = _____
Copy of final results @ \$5.00 = _____
Circle sizes of shirts ordered
Tank top @ \$15.00 S M L XL = _____
Short Sleeve T-Shirt @ \$15.00 S M L XL = _____
Long Sleeve T-Shirt @ \$20.00 S M L XL = _____
TOTAL ENCLOSED = _____

ATTACH A COPY OF YOUR
CURRENT USMS CARD HERE

BE SURE TO SIGN AND DATE
THE ENTRY FORM

Make checks payable to St. Pete Masters

FLORIDA Masters Swimming Committee, Inc.
Patricia Tullman, Registrar
5432 Twin Creeks Drive
Valrico FL 33594

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ASK THE SWIM DOCTOR

Question: I'm approaching the top of my age group, and haven't been very motivated to train, as my times are slow in my present age group with all the younger swimmers moving in.

Answer: Aging up is a superb renewal of life, and provides an excellent opportunity for motivation and the setting of new goals, at whatever skill level you possess. Prepare for aging up the year before, when you are at the top of your age group, by choosing from any of the following ideas. 1. If you want to expand your horizons and TRY NEW OR LONGER EVENTS, enter the "Check Off Challenge." For your entry, found at www.usms.org (fitness), you receive a t-shirt with all 18 different events listed on the back. As you swim each event, even in practice, you check it off, as a mark of your accomplishment. Some swimmers do this annually. The times that you do are not as important as the training it takes to swim every event. 2. Start by SETTING UP SOME EASY goals for your next age group, like achieving a FL Top 5 time, or if capable, one or more FL records. This is an excellent time to concentrate on improving your strokes and/or training techniques. Take advantage of one of the new clinics to be offered in FL. 3. Swim some of your FAVORITE EVENTS and compare your times with your NEW AGE GROUP. Next, do special work and try to improve for the next meet. I've given new swimmers the FL Top 5 list, and have challenged them to attain each of the 5th place times in any practice. This would also work for the USMS or World Top Ten listings. Set your goals based on realistic times that you would be able to reach, and still provide a challenge for your overall ability. One of my swimmers, Robert MacDonald, ages up to 75, in 2003. In 2002, I encouraged him to work for the National record times at meets in his breast stroke events, in all three courses. He has these goal times posted prominently on his desk. These new goals sparked a new interest and motivated him to continue working out and competing. At a recent meet, he could see how close his times were to the new goals. He realized his performance goals were realistic, and with a specific training program, he would be able to achieve the record times. I age up to 80 in 2004. With my hemorrhagic stroke in April and nocardia bacterial infection in June, 2002, my training has been mostly rehab, trying to regain speed and endurance. I can identify with slow times in my Present age group. My primary goals for this year include surpassing all the FL records for my new age group. Beyond that, I'm training for my five special events, including National and World records in the three backstroke events. So far, I've reached that goal in my 50 m back and am within 4 seconds on my 100 m back. Be specific with your goals, and train accordingly. Your patience and persistence will pay off in the long run.



Anyone wanting more info, please send a large SASE to: Dr. Paul Hutinger; 1755 Georgia Ave. NE; St. Petersburg, FL 33703.